

AN
ECONOMICAL,
AND
NEW
Method of Cookery;

DESCRIBING UPWARDS OF

EIGHTY

Cheap, Wholesome, and Nourishing Dishes,

CONSISTING OF

ROAST, BOILED, AND BAKED MEATS;
STEWES, FRIES,

And above Forty Soups ;

A VARIETY OF

PUDDINGS, PIES, &c.

WITH NEW AND USEFUL

OBSERVATIONS

ON

Rice, Barley, Pease, Oatmeal, and Milk,

AND THE NUMEROUS DISHES THEY AFFORD,

Adapted to

THE NECESSITY OF THE TIMES,

Equally in all Ranks of Society,

By ELIZA MELROE,

"Economy is the source of Plenty."

"Bury not your Talent."

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TO THOSE IN ALL RANKS OF SOCIETY, WHO ARE ADVOCATES FOR ŒCONOMY, AND HAVE INCLINATION AND ABILITY TO DIFFUSE A KNOWLEDGE OF IT TO OTHERS, THIS TREATISE OF ŒCONOMICAL COOKERY, SUGGESTED THROUGH NECESSITY, AND SOMEWHAT PERFECTED BY SUBSEQUENT STUDY AND APPLICATION, IS HUMBLY DEDICATED, BY THEIR

Most devoted,

And most Obedient,

Humble Servant,

THE AUTHOR.

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ŒCONOMICAL COOKERY.

INTRODUCTORY to the subject, it is necessary to observe, that the work is chiefly compiled by a medical person, who has had very great opportunities of making himself acquainted with the different modes of living, in various parts of the world; particularly in England, through the greatest part of which he has travelled: And, as he has improved considerably on the inventor's original ideas, hopes the work will contain such new and useful information, as to render it acceptable to the public, more especially in these times when butcher's meat and other articles of diet are so extravagantly dear.

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It is neecessary to observe, to the reader, that no particular distinction is made between the terms---soup and broth.

DR. CULLEN, and other writers on the *materia medica*, and chemistry, informs us, that the nutritious parts of animal and vegetable diet, depend on the oil, jelly, mucilage and sugar they contain. This cookery is exactly founded on these principles, by which are selected such parts from animals and vegetables as contain these qualities in a very concentrated degree. viz. fat, and the gelatinous parts of butcher's meat; the farina of grain, and the seeds of vegetables, instead of any other part of the plant, excepting onions, carrots, parsnips, turnips, potatoes, &c. (where the nutritious and essential parts are contained in the roots) by which a considerable expence is saved, as in the instance of eelery-seed, where the eighth part of an ounce avoirdupois, value not *half-a-farthing*, will give relish to a gallon
of

of soup, when a *pennyworth* of the plant would be necessary. This one article alone, is evincive of the frugality ; as the seed being the essence of the plant, possesses all the taste and virtues of the subject ; and hence the great advantage of its use, where it can be procured in any season of the year.

On the same principle is the *fat of meat* being the essence, or essential part thereof, nearly as much as the seeds of plants are to their respective species. To prove this, a simple experiment will suffice... Boil *two, three, or four ounces* of the *lean* part of butcher's meat, in six quarts of water to a gallon ; then thicken it with oatmeal, and the result of the decoction will be found to be *water-gruel*, or something like it. But dissolve the same quantity of the *fat of meat* in a gallon of water, which, thicken with oatmeal, over the fire, and the result will be a very pleasant soup or broth ; possessing the identical taste of the
meat,

meat, whether of beef, mutton, &c. in a very high degree. If some of the gelatinous parts of meat be added, the soup is then of a very rich and nutritious quality; and which can be made very cheap, as will be explained in the several receipts.

RECEIPT.

Take of barley, four or six ounces; oatmeal two ounces; onions, or leeks a small quantity; or of leek-feed: Beef-fat, (suet) or instead thereof, beef-drippings, from two to four ounces, as may suit the palate; Celery-feed, half a table-spoonful, or less; pepper and salt sufficient to give the soup proper relish; water sufficient to make a gallon.

NOTE...Potatoes and cabbages, without barley, well boiled, make excellent soup, with the addition of fat.

Boil the barley, previously washed, in six quarts of water, which when boiled sufficiently soft, will be reduced in quantity to a gallon. It will be necessary to skim it

it now and then in the course of the boiling; also to stir it from the bottom of the vessel. The celery seed, if boiled whole, must be added early, or else towards the latter end, in a bruised state, when the onions and leeks are put in; let the oatmeal be added, mixed in a little cold water, about an hour before the vessel is taken off the fire; lastly, add the fat, melted before the fire, if not in a state of drippings; then season with pepper and salt...Cayenne-pepper gives the soup a high relish, and is even cheaper than black pepper, as a small quantity, (a few grains) will suffice.

Wheat flower may be used instead of oatmeal, but in less quantity than the latter. When vegetables are cheap, such as turnips, carrots, cabbages, they may be added, and are considerable improvements.

The intention of the flower, or oatmeal, is by the mucilage they contain, assisted with the barley-broth, to unite the fat with
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the water, so as to form one uniform mass; where the fat is suspended in the soup, and not seen floating on the top, by which it is made fitter to be taken into the stomach, easier of digestion, and more easily convertible into good chyle, which every one acquainted with medicine, and the nature of the animal œconomy, must admit.

Some may think this kind of soup, from the fat it contains, unwholesome; but a little reflection will convince them of the contrary; otherwise suet-puddings, and dumplings would be unwholesome: Beef and mutton drippings eaten with potatoes, cabbages, &c. *a sop in the pan*, so called, would on the same principle be unwholesome. In short, fat is eaten daily by all ranks of people, in some way or other, *in much larger quantities than as above prescribed*: But the idea of combining it in soup, as above stated, I believe, never occurred, or at least, has been but little known or used by mankind; whilst com-
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mon sense must tell any one, and every one, that such, for the reasons stated, without calling in the aid of physie and chemistry; must be nutritious, wholesome, and œconomical from the small quantity of *the essence of meat*, viz. fat, that is necessary in the composition.

A hard-working man would find no difficulty in eating as much suet *at one meal*, in a flower pudding, or as much drippings *as is necessary for a gallon of soup*, in a mess of potatoes or cabbages; whereas, one quart of soup, as above alluded to, with a slice of bread, would be a very hearty meal.

I wish to impress this argument on my readers, as many, not weighing the subject properly, might think there is no saving in it, as the drippings of meat could be better applied to other purposes. But in what? Not in pudding, pies, pease pudding, potatoes, and other vegetables, value four-pence. The farc would be
found

found scanty and pitiful, in comparison to a gallon of soup of the same value, which I aver to be a dinner for a man, his wife and six children.

As the quantity of fat or drippings necessary for the soup, is so very small, it may easily be spared from a joint of roasting meat, while enough will remain for other purposes.

As I have mentioned roast meat, shall notice the advantages of my cookery as applied to it, and which will suit, exactly the palates of those who prefer roasted to boiled meat : As no arguments used by other writers on cheap cookery, have any effect on the lower class of people, in *restraining* them from the use of roasted meat ; which those writers call destructive or *wasteful* cookery.

The great objection that mankind make, and particularly the middle and lower classes of the people, to soups or broths, is the great sacrifice they make of butchers meat

meat to obtain good soups, which must be used either in a *large* quantity, or else boiled to rags, and rendered insipid. But here excellent soups can be made with great facility, while the joint of meat is roasting at the fire, by which the frugality will be found so great, that any one, let his or her rank in life be what it may, will have a pleasant, and sufficient dinner costing only four or five-pence, as a pint of the soup will be more than half the meal.

When mutton is the subject of roasting, I should prefer wheat-flower to oatmeal; but what is much better than either, is potatoc-starch, (of which, in another place,) in the quantity of an ounce to a gallon of soup.

When roast pork is the subject, I should prefer pease to be used instead of boiled barley; which soup, by the addition of the drippings will be found very delicious, superior in flavor to any pease-soup made
with

with the bones of meat, or combined with bacon.

The above is perfectly wholesome, otherwise fat pork is not wholesome, which is eaten daily, and in large quantities, in the counties of *Essex, Suffolk, Norfolk, &c. &c.* And it is well known, the lower classes in those counties eat hog's-lard *spread on bread*. But another well-known fact I ground my argument on, viz. large quantities of hog's-lard are used in puddings, pan-cakes, pasties, &c. by all ranks of people; in short, fat enters so much into the composition of our diet, that I do not know how we could subsist without it. I differ with mankind only *in the mode of using it*, where mine is a *much more frugal one!*

From what has already been observed, cooks and house-keepers will perceive, how their soups made from *lean meat*, might be improved *by the addition of a little fat*, and a mucilage, such as wheat-flower, oatmeal, potatoe-starch, pease and barley. This

maxim

maxim being established with them, the too-common custom of *skimming off the fat*, will then no longer be practised, and which I find directed by all other writers on cookery, as *a very necessary matter* ; but which I attribute more to the prejudice of custom, than from any grounded opinion they really can have of their own. For, it is wonderful how mankind yield up their own judgment to the powerful, fascinating influence of custom--- Every traveller, who sees different customs, as he moves along, and how much these are religiously adhered to, cannot help making the remark, But, to return to the subject ; where a large quantity of fat swims on broth, made from a fat joint of meat, if it cannot be united (from its superabundance) with the liquid, through the means of wheat-flower, oatmeal, potatoe-starch, or other mucilage ; it had better be skimmed off, and preserved for further use ; nay, it is absolutely necessary, otherwise the soup will not be agreeable if abounding too much in the
animal

animal principle;---for, it is the *proportionate mixture* of animal and vegetable substances; that makes soup pleasant and wholesome, this leads me directly to *Count Rumford's* cheap soup, which as a vegetable one, is excellent; but for want of a due proportion of the animal principle, is not agreeable to all palates; and were a certain quantity of fat, or such to be added, from *two* to *four* ounces (when the vinegar, which is purposely intended to give it sapidity, would not be necessary) his soup would be as palatable as mankind need to wish it, so much so, by this addition, that *if a half* or *one pound of lean meat* was added to every gallon, instead of the suet, would not possess more sapidity, flavour and nutritious qualities, as the quantity of jelly, and saccharine matter found in lean meat are so very trifling; and on which, as I said before, nutrition depend.---An experiment on lean meat, coinciding with my opinion, was made by Dr. Hamilton, at the request of P. Colquhoun, Esq.---Hence the folly of using
lean

lean meat to make nutritious soups, at least cheap ones.

I shall now make an observation or two, on a soup possessing *too much* of an animal nature, to be properly wholesome and agreeable. I mean leg of beef and ox-cheek soup, and which is generally called stew.

To make soup from these to be pleasant, agreeable, and wholesome, a pretty large quantity of the vegetable class ought to be added; and none seems better than the barley broth (omiting the fat) as prescribed in the first part of this work, by which *double and treble the quantity of soup* may be made from the same given quantity of meat; for one pint of well-prepared leg of beef, or ox-cheek soup, together with the fat, will make a gallon of good soup, costing only FOUR PENCE: if we go to the price of six-pence a gallon, most capital soup is the issue. On the same principle, soups may be made from the stew of beef, mutton, veal, pork, &c. choosing those parts where mucilage, jelly, and

and fat abound.---As the method of stewing meat is pretty well known, any directions on that head is scarce necessary. A jug to put the meat in, which must be close covered, adding a small quantity of water, and that sent to an oven, or the jug with the meat, put into a kettle of water, and boil'd, over the fire, for a few hours ; or what is better, an utensil called a digester, so contrived, as to stew meat almost to rags, and preserve at the same time, all the virtues of the meat, as the steam thereof is not suffered to escape. The utensil may be had at tinmen and ironmongers shops, value, eight or ten shillings. These soups, if not possessing savor enough, may be heightened in taste by bacon.

I shall now proceed to other soups, where bacon will be a necessary article in the composition. Every one knows that bacon is a considerable improvement to the taste of veal, whether roasted or boiled. Exactly so it is in soup. So when veal broth is to
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be made for family use, two ounces of bacon fat should be added to every gallon, melted before the fire, or in a frying-pan, which soup should be thickened with flour, potatoes starch, and barley, which last article, ought not to be omitted in almost any soup, it being so very cheap, pleasant, nutritious, and wholesome, of which more hereafter.

Parsley is thought to give a good relish to veal broth; when it cannot be had green, the seed may be used, of which last, a small quantity will suffice.

The next is tripe broth. Boil a pound of tripe in a gallon of barley broth, the proportion of barley as before prescribed; with onions, parsley, &c. adding thereto bacon fat as above, when with pepper and salt, an excellent soup is produced, extremely nutritious, from the gelatinous nature of it, with which the tripe abounds.

On the same principle, soups from cow-heel, calves' and sheep's feet and other gelatinous parts of animals, may be made.

Tripe

Tripe, of itself, is but insipid meat; what gives it sapidity is bacon, when it really eats like bacon and chicken; and is certainly the greatest substitute for that dish that can be had. The bacon eats best with it when done in rashers before the fire, taking care to lose none of the fat, for that which drops on the cinders and hearth, had it been saved, is as good as that which remains in the rasher. I make this observation, as a useful hint to many who do not attend to this matter. If tripe could be brought into more general use, would have a considerable effect on the high price of butcher's meat. I believe, more than one half of the tripe bags are thrown by butchers on the dunghill.

Bacon seems an useful addition to mutton broth.

In many parts of the kingdom, it is customary to eat a dish consisting of bullock's liver, and bacon fryed together. It is certainly very palatable; and good of its kind.

kind. In some of the counties of England, calf's liver is only used from a mistaken notion, that bullock's liver is not wholesome. The writer has partaken of both in an hundred instances, and could never particularly distinguish the difference, either as to taste or other properties. It is usual to steep bullock's liver in water, or milk and water a few hours previous to cooking.

Hashed liver is a dish much used in some counties; but which I never found agreeable; cooks always omitting to give it sapidity by the addition of fat bacon; for on the same principle, bacon must be relishing in *hashes*, as well as in a *fry* of liver;—beef fat is also an useful addition, and, I am well assured, if such mode was adopted, mankind would not be so averse to this dish as they generally are.

On the same principle, *hashes* and *stews* made from scraps and offals of meat, that have been roasted or boiled, are improved
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by blending them with fat, or fat bacon, and thickened with flour, or potatoe-starch, with the addition of onions, pepper and salt.

Excellent soups may be made from fried meat, where the fat and gravy are added to the boiled barley; and for that purpose, fat beef-stakes, pork-stakes, mutton-chops, &c. should be preferred, as containing more of the nutritious principle:—Towards the latter end of frying the above, add a little water, which will produce a gravy, to be added to the barley-broth—a little wheat-flour should be dredged in also, which will entirely take up all the fat contained in the frying-pan; but previously thereto, a proportionate quantity of onions cut small, should be fried with the fat, which gives the soup a fine flavor, assisted with pepper, salt, and other seasonings.

A dinner of this will cost a family at the rate of four-pence a head only.

Soups may be made also from broiled meat, as follows:—

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While the fat beef-flake, mutton-chop, &c. is doing before the fire, save the drippings on a dish, in which a little flour, oatmeal, or potatoe-starch, with onions cut small are put; add the whole to barley broth, which must be also preparing over the fire at the same time, and boil together for fifteen minutes; when a most excellent soup will be obtained—one pound of beef affording two quarts thereof, a dinner sufficient for four men with vegetables.

Dishes of Meat, combined with Rice.

Rice is a very wholesome, nutritious food, highly useful to mankind, particularly to the lower classes of the people, but who do not much fall into the use of it, owing to the want of a proper mode of cooking it, and not giving it sufficient sapidity, being of itself but an insipid grain; and, also a mistaken prejudice of being hurtful to the eyes.

Rice

Rice eats well with pickled beef and pork, and smoke-dryed beef, bacon, &c. and also to fryed meat.—The writer has subsisted three months at sea, as well as the whole ship's company, on rice and salt beef alone, without being stalled; nay, on the contrary, rather fond of the mess.

Beef-stake and mutton fryed, gives it a high relish, and the manner of preparation is this—After the meat is taken from the pan, put in the rice, first boiled, and strained dry, so as to be added to the fat and gravy of the meat, together with the addition of black pepper, cayenne pepper, and salt—Send it up to table with the stake upon it, when a very excellent dish is produced, imitating the flavor of *corry*, an Indian dish, from the spice called *corry*, which I believe to be nothing more than black pepper, cayenne pepper, ginger and turmeric; at least this composition exactly agrees with it in taste and other properties,

*A Sea Pye, so called, being a common
dish on ship-board.*

First make a paste of flour; milk, and a little butter, or the fat of meat; or instead of milk, when it cannot be had, a raw potatoe or two, pared and grated will lighten the paste a little.—Then take of lean and fat beef, mutton, pork, fresh or salt, or tripe, or chicken with bacon, as fancy may lead;—let the same be cut into small pieces, with onions, pepper and salt in due proportion—put a little of the above in the pot, or cooking utensil, which must have a *cross stick* laid at the bottom to prevent the meat and paste from burning; then over the first layer of meat, put a layer of paste, spread thin with a hole in it to let down water; then over that, some more meat, and so on alternately with paste and meat till the whole be used; and, lastly, pour over a quart or two of water, or more, so as to cover the meat in the course of the stew, which must be done gently
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and covered over to prevent the escape of the steam:—In an hour and a half, the dish will be ready, if not very large : it will be found very delicious in the paste, meat, and gravy.

Dishes made on the same principle, may be baked in an oven.—Rice and potatoes may be used by putting them upon the meat.

A Medley Pye, so called,

Consists of apples, pared and cut in six times the quantity to onions and bacon cut small, with a small quantity of water added in the dish, over which, a paste is put, and baked as pies usually are ;—eats very well ; and is much in use in Staffordshire, and adjoining counties.

Speaking of Staffordshire, reminds me how the inhabitants there, at least those born and bred in the county, are bound by a singular custom, where, with *roast meat*, they never eat, (generally speaking) greens, or cabbages, supposing the same to be unpalatable

palatable and unwholesome ; but instead thereof, potatoes, or in the summer season, green-peas.—With *boiled* meat only, they eat greens and cabbages ; and so religiously observe this plan, that when potatoes are scarce and of bad quality, will *boil* their usual roasting pieces, such as *furloins* of beef, *on purpose* to eat with greens—Strange infatuation !—I know people there in the middle walk of life, sixty years of age, who never in their lives ate greens with roast meat ; and I do not know that it is possible from their bigotry, to induce them to taste the fare, to distinguish by their palates whether the same be pleasant or not. This leads me also to the custom of other counties, that would almost make one believe, that the bulk of the English are not all of one nation, or under the same laws and government.

In many places, it is a standing rule to eat roast beef on the same day it comes from the butcher—In London, and counties
around

around, it is almost general ;—Further from the metropolis, it is salted a little, or at least, basted with salt and water whilst roasting ;—and in Northumberland, and counties adjacent, it is seldom or never ate until taken with the salt ; when, I must confess, I prefer the latter to the former, as possessing a higher relish, especially when ate with mustard and vinegar.

Those who are advocates for fresh roast beef, say, that salt takes out the juice—granted:—But mark the sequel—for in those places where fresh roast beef is used, pieces intended for boiling, are always well taken with salt ; of course part of the juice is gone, and the nourishment also:—It then follows, no soup or broth can be made from such, as the decoction is too salt for use ; so it is thrown into the hog-tub, or some such place. But in those places where salted roast beef is preferred, pieces intended for boiling seldom are salted, or at least so much as to preclude the making of soup ; hence
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the great advantage. I must confess also, there is an agreeable sweetness in their boiled beef; perhaps more of it can be eat at a meal, but then that waste is amply made up in the soup, which they always make, and that of a most excellent quality, having barley, oatmeal, and other excellent ingredients in it.

It is worth remarking, on the subject of pot-barley, commonly called Scotch-barley, which every house-keeper ought to use, that it is not known in Essex, Suffolk, Norfolk, Shropshire, Staffordshire, and other counties through which I have travelled. Some, to whom I have addressed myself on the subject, do not believe there is any such thing, except what is called *pearl-barley*, sold in those counties by apothecaries, at 2d. and sometimes 6d. an ounce.—It follows then, the inhabitants seldom have good broths, for want of method and materials.—Those, who on reading this treatise, and wish to adopt barley as a food, may
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be always supplied with it, wholesale and retail in London :—Wholesale dealers generally reside in those streets adjacent to the Thames ; as Mark-lane, &c. There are mills on purpose for manufacturing it at Newcastle-upon-Tyne, and in many of the northern counties :—and, at Falkirk, in Scotland, it may be bought at 15s. per cwt.

In Suffolk, where I resided some time, bacon in flitches was not cured or eaten there.—An elderly farmer's wife told me, she never saw any in her life, but had heard of it—They cure hams as in other countries, but the sides are cut in pieces and pickled, in the manner of beef :—To me it tasted particularly agreeable and sweet, or else it was the novelty, having never met with any since I left the navy, except in Kent some years ago, where pickled pork and lean salt beef, eaten together, is the principal, or standing dish with farmers
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and others, in the middle walks of life: They certainly improve each other.

On the other hand, where bacon is cured in the fitches, the inhabitants know little or nothing of pickled pork, either as to its taste, or that such a thing ever is used, except on ship-board, but have an idea it must be very unwholesome, and, perhaps, incapable of being cured to keep any length of time.

While I am on the subject of different customs and opinions, in the several counties, I shall make some observations on the peculiar diet, and the peculiar modes of cooking in Essex, Suffolk, and Norfolk, illustrative of the principle on which mine is founded.

It is usual with the inhabitants there, to eat their puddings and dumplings with the fat of meat, whether of beef, mutton, pork, &c. which is served up warm, like sauce or melted butter, except not mixing it with flour, to unite the fat with the water.

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Of this they eat largely—Then why not in soup? If it be wholesome in the first way, it must be also in the second, and the frugality thereof is greater, because less will suffice in soup, at least a larger fare can be produced at less expence, as I noted before in a former part of this work, and which I beg leave here to refer to.—I do not mean to abridge them, and others of their pudding ;—I have no manner of doubt but their mode of living is wholesome, and may be frugal ; but, I will maintain the soup, is much more so, for the reasons that have already been stated.

When milk and eggs are scarce and dear, dumplings made of yeast, (as is the practice in the last-named counties,) in a small quantity, and previously set before the fire to ferment and rise like leavened bread, before they are boiled, are very palatable. Suet, melasses, (commonly called treacle) allspice, ginger, &c. may be added to give them a better relish.—I have known

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onions put in suet puddings and dumplings.

Raw potatoes, pared, grated and mixed with flour, and other ingredients, as suet, ginger, &c. make very good dumplings, and puddings, either baked or boiled, when milk and eggs are scarce and dear.

A good sauce for puddings and dumplings, when fat is not in their composition, is butter, melted in the usual way, made somewhat tart with vinegar.—This is also an excellent sauce to fish, with the addition of pepper.—Pepper improves, or rather *exalts* the taste of fresh fish, and is a much more preferable aromatic than horse-radish, which *disguises* the taste of fresh fish, so as scarce to distinguish one fish from another.—Horse-radish is not a grateful aromatic by any means, and yet, is much used to fish, perhaps, more from custom than any thing else: However, in some counties it is not so generally used, but
pepper

pepper in place thereof.—The above sauce eats well with sprats.

Boiled onions, with milk, flour and butter, similar to rabbit sauce, eats well with salt fish, herrings, &c.

While on the subject of puddings and dumplings, I shall make an observation or two on rice-pudding, which, I think, ought to have a small quantity of flour added to bind it a little, with the addition of suet and ginger, to give it sapidity.—Those who can afford a glass of rum or brandy to be mixed with the sauce, will find it a pleasant addition, and, upon the whole might be economical, as the price thereof, is not to be put in competition to the incitement to rice diet, it will probably give to those who have been hitherto averse to it ; which diet, I hold to be very wholesome and cheap, and of course a little good sauce can be better afforded.

Hasty-pudding, so called in Northumberland and other counties ; in some of the
southern

southern counties, *stir-pudding* :—Is made from oatmeal—First let water be boiled in a pan, say a pint, sprinkle into it by degrees, over the fire, three or four table-spoonfuls of oatmeal, and stir with a spoon, or other convenient utensil, till it thickens to the consistence of melasses, then take it off the fire, and put it into a dish, or dishes, which, when in a cooling state will acquire some degree of firmness.

This may be eaten with milk, ale, small beer and sugar, treacle, beer, butter, drippings, &c. to the two last articles, half a tea-cupful of boiling water should be mixed to keep them in a state of fluidity.

These may be then put upon the hasty-pudding, not mixed with it, or put in a separate dish, and eaten by first taking up with the spoon, a little of the pudding on the tip, and dipping into the milk, ale, butter, or whatever it may be.

Northumbrians, who read my book, must at first view of this description be apt

to laugh, as if I was addressing myself to children instead of grown-up persons ; but, allow me to tell them, in those southern counties, through which I have travelled, the inhabitants neither know how to make it or eat it—For, first, the hasty, or stir pudding is made with milk instead of water, that occasions a heaviness, and whatever is used to be eaten with it, is mixed in a *hodge-podge* together : the consequence is, the mess is rendered unpleasant, and not one in ten like it ; and so would my hasty-pudding be deemed unpleasant, if proper attention was not paid to the manner of cooking and eating it.—This observation will apply to many of the dishes contained in this work, although the fault will be laid on the inventor, not the cook.

The oatmeal used in Northumberland, and counties adjacent is superior to that found in the southern counties, which is either too fine, or too coarse, and often adulterated with barley ; though I met with very good
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in Staffordshire, where the demand for it was so very trifling, that a manufacturer in the neighbourhood of Litchfield supplied the inhabitants for twelve miles around him; carried in bags on one horse only, where not one person in ten purchased more than half a pint.

While on the subject of oatmeal, I must not omit another kind of mess—*Crowdie*, so called in North-Britain, and in the northern counties of England; generally made from the pot-liquor of beef, the watery part I mean; and eaten with the fat, or skimmings of the pot. Put some oatmeal, say half a pint, in a dish, basin, or porringer, with a small quantity of salt, if there be not sufficient in the pot-liquor; add as much pot-liquor as will mix it to the consistence of hasty-pudding, or a little thicker, lastly, take a little of the fat that swims on the broth and put upon the mess, and eat in the manner described for hasty-pudding:—

pudding.—Whatever contempt the bulk of the nation may have for this, as being a Scotchman's dish, and other such epithets as they are pleased to bestow, it is pleasant tasted, and good food for hard-working men; but, I wish it to be understood, I do not press it upon them, knowing their pre-conceived prejudice; I only give it here as matter of information, although I know many in the higher walks of life who eat it frequently.—Another good method of using oatmeal, is by making it into gruel, which, perhaps, needs no description here, being pretty well understood:—Suffice to say, a very small quantity of oatmeal will make gruel, when boiled for some length of time, an hour or so; to this add a little good milk, or butter, or drippings with onions, &c. and an excellent soup is produced.

When milk is used instead of water, as above, makes a good dish, called *milk-porridge*, to which a little butter may be added.

I have

I have been informed that mutton-fat is used in some counties, but, as I have not tasted the mess, cannot press it on my reader's attention ; as nothing shall be advanced in this part of the work, but what I have either tasted or tried, or has been approved of by others.

I hold oatmeal to be a wholesome diet, and produces no disease of the skin, as has been imagined by many ; but, I believe bacon and butter, eaten in such quantities as I find in some of the southern counties, especially when joined to the large quantities of bad, ill-brewed ale, which is too commonly to be met with, occasion many diseases, surfeits, and eruptions of the skin, worse than any itch whatever.

Cheap Pease Pudding.

To a pint of pease, in a pudding, add two pound of potatoes, boiled and well mashed ;—the result is, from the farina,

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or meal of pease and potatoes being similar in taste, the composition eats as if it was entirely pease-pudding ; and, it does not appear to me, that pease possess more nutritious quality than potatoes :—The bulk is increased by this mixture to double, and of course, the price must be reduced—To some people the mixture is more agreeable than pease-pudding alone.

On the same principle, cheap pease-soup may be made, where more potatoes, in proportion to pease, may be added :—And, be it remembered, that pease-soup, however so good as a vegetable soup, is materially improved by animal substances, as fat bacon, fresh pork drippings, hog's-lard, beef and mutton drippings, with the addition of wheat-flour, which should never be omitted.

It is very common to use butter and salt herring to give sapidity to pease-soup ; but the former articles are much preferable. It is very possible to make excellent soup

as above directed, for about *four-pence per gallon*.—If barley is added to the above, in proportion of a quarter of a pound to a gallon, an excellent soup is made.

Split pease are preferable to whole pease, although the former is much dearer, but give out their virtues much better in the process of boiling :—It often happens that whole pease are difficult to burst, or even not burst at all; to remedy that defect, it will be good, to first steep them in water for a few hours; then put them in a sieve to dry for twelve hours more, when they will be easier acted upon by the boiling water, so as to burst them. Pease, that are known to be hard bursters, had better be broken in a mill.

Barley.

A very good mess may be made from barley well boiled, perhaps for two or three hours, until it becomes a mucilage or jelly, when it may be eaten with sugar or butter,

ter, in the manner of stir-pudding, which is made of *wheat-flour and milk*, in imitation of hasty-pudding, a dish pretty well known, and needs no comment here.

Boiled barley eats very well with milk, adding a little salt to relish it. It is a very wholesome food for children, much used in the north of England, and ought to be used in every family throughout the kingdom, where children are. Rice, also by the same mode, ought to be more used, seasoned with ginger.—Boiled wheat eaten with milk, is a very common dish in Yorkshire.

Barley broth, with butter instead of fat, is also a good dish, either with or without onions, parsley, &c.

I shall now take notice of milk-diet ; which, I am sorry to find, is getting out of use, even in those counties where it was a general and favorite dish ; I mean the northern counties, which may, probably, be one cause of the dearness of butchers meat,

meat, and other articles of diet, the demand for the latter being greater. If we look twenty or thirty years back, the system of living has almost undergone a total change.

It is to be sincerely wished, mankind would consent to partake more of that wholesome and nutritious fare—milk, and a preparation from it; I mean *curds*, which I find not properly made in the south of England, and which I attribute as a reason why such are not liked, but possessing a sour taste, like a mixture of churn and sweet milk. Good curds have no sour taste, are thickish, soft and curdy, and are prepared as follows:—Take the *whey*, which is strained from the *cheese-curd*, say a kettle full, or pailful—if made of new-milk whey so much the better;—put this over the fire to warm, or rather give it a smartish heat, then add some very old churn-milk, not *new-churn* milk, *for there the mistake lies*;—in a short time, white flakes will arise in the pan, which will collect into lumps of a very
fine

fine white mellow, bland tasted substance; this is the curd which I allude to, and may be eaten with milk, ale and sugar, wine and sugar, seasoned with nutmeg, or ginger, as the parties can afford :—Of this Northumbrians partake, perhaps, three or four days in the week in the summer, both for dinner and supper; and it is well known, those milk-diet men are strong, healthy and well-looking in general, and work very hard.

OBSERVATION—Potatoes and milk are allowed almost by every one, to be a pleasant fare—then why not bread and milk? Those who admit of the one, cannot, on just grounds, deny the other; yet, how seldom those of the south of England partake of the latter.

The idea some entertain that it is not nourishing, is false and groundless; and that it is cold to the stomach; if so, the more pleasant it will be in summer, the proper time for its use; for my own part,

I think

I think milk a cordial on a hot summer's day.

Some inconsiderate persons, I mean the labouring poor, pronounce it a *mean diet* ! But, pray, what is *salt*, and *potatoes* ? or *cabbage and salt* ? Messes, those very deeryers of milk-diet are obliged, perhaps, to eat four days in the week :—But, on the other hand, I must here observe, that milk is not always to be procured by the labouring poor, as farmers and cow-keepers are so much in the habit of making butter and cheese ; however, I would hope, labourers might not be denied a due quantity of milk, even if some little inconvenience should be sustained by their employers. New-milk, in the country, used formerly to be sold at the rate of a *penny per quart* ; but as all other articles of diet have rose to nearly double in late years, milk ought to be sold at *three-halfpence* and *two-pence* a quart, and I am well assured, it would pay the farmer better than

than making butter and cheese, even at the high price those articles are at present.—I am well assured that if skimmed milk could be sold to the poor at a penny per quart, would suit the views better, both of the farmer and labourer, as such affords very little curd in proportion to the quantity used, consequently very improper for cheese-making.

By the various modes which milk can be used, as specified in this work, the labourer will find it his interest to purchase it at every opportunity; in short, I cannot help thinking, but the almost total disuse of milk is a cause of the high price of provisions; as people, by using it in the way of butter and cheese, eat at greater expence than if they partook of milk itself, independent of the ale that is necessary, and customary to be drank with bread and cheese.

I will allow, that a good deal depends on being accustomed to milk-diet, but
those

those prejudices and complaints that may be supposed to be occasioned, may easily be obviated ; and it ought to be a standing rule with parents, to feed their children with milk at every opportunity ; that when grown up to maturity, no particular aversion to it may be occasioned, for a good deal depends on custom, in diet.

As to the idea of milk occasioning worms, which some are pleased to say, as far as my observations have carried me, I think is without foundation ; all children, let their diet be what it will, are disposed to worms, and there are a hundred remedies to remove them.

Before I finish my observations on milk, I must point out another dish, called *ale-poffet*—in Northumberland, and adjacent counties, where it is much used :—

Take a quart of milk, which warm over the fire, then pour it on a penny-worth of good white bread ; warm half a pint of ale, which must not be too hard,
else

else it will make the milk curdle; stir well with a spoon, when it must be added little by little to the milk; sweeten with a little brown sugar, and season with ginger, grated in.—The expence of this is but trifling, and makes a hearty comfortable breakfast for two hard-working men.

Skimmed milk, where leaden bowls have not been used to extract the cream, will make very good posset; and when home-brewed ale is used, will be a very cheap dish, as appears by the following statement :—

	D.
Six pints of skimmed milk	- 3
One pint and a half of ale	- 2
Brown sugar and ginger	- 2½
White bread	- 3
	<hr/>
	10½
	<hr/>

The above is a breakfast or supper for six men!

Butter, in a proportionate quantity, seems a necessary article of diet; even those
who

who decry fat and fat meat, use it pretty freely :—If they object to fat in the composition of their soups, or as a sauce, or savory help to lean meat, they will use butter, a much more expensive article, instead thereof, which requires a larger quantity in proportion to fat to give meat and soup proper sapidty.—So we find writers on cookery, give careful directions in their reecipts, *to skim off the fat of broth*, when at the same time, they advise the liberal use of butter to be added.—So we also observe, in their directions for vegetable soups—Butter to be fryed with bread; that is, burnt butter to be put in the mess. The intention of the butter is to give the soup a smooth savory taste—then why not fry fat with bread instead of butter ?—The same question and inference may be drawn from the common custom of making meat gravies, where the *lean part* of meat is chosen; and to give them sapidty, butter must be called in :—Why not a little of
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the fat of meat, corresponding with the particular kind of meat used, whether beef, mutton, pork, veal, &c. ? Cooks bestow a great deal of pains to make gravies ;—they stew and boil lean meat for hours, and often their cookery, when brought upon the table, tastes more of pepper and salt than any thing else :—If they would add the bulk of a chefnut of solid fat to a common sized sauce-boatful of gravy, it would give it more flavor than twenty hours stewing of lean meat would, unless a large quantity was used, not warranted by the rules of frugality.—So we see also the folly of making gravies for hare with the liver of the animal ;—a stew of fat bacon would answer a much better purpose, by affording an agreeable flavor ; and every one knows hare to be dry eating, hence the necessity of butter, fat, &c. as helps to it.

Probably, I am making these observations to very little purpose or effect on the
minds

minds of my readers ; mankind are generally too much rivetted, or enslaved to their wonted customs to be biassed by any fair reasoning whatever.—To those who object to my remarks on hare sauce, I must inform them, that many stuff hares with bacon, which serves as basting, besides the fine flavor or sapidity it gives—Suet is generally used as stuffing ; if a little bacon cut small was added also, I can venture to affirm, would be a capital improvement.

Fat meat appears to be a favorite with all ranks of English people, if we are to judge from the quantity exposed at every butcher's shop and stall, that must astonish foreigners, in whose countries fat meat either cannot or is not to be had in such plenitude. The grazier who feeds cattle the fattest, and the butcher who purchases the same, are the most esteemed, and considered by the public at large as valuable members of the community, by coinciding exactly

exactly with their wishes.—This position, which cannot be denied, certainly gives a considerable weight in the propriety of my invention, where it is so economical as to save 30 per cent. in butchers' meat. To those who may have doubts as to its excellence, I beg leave to lay before them a fact illustrative thereof.—

The family of a Mr. Brown, surgeon, Eaton-street, Pimlico, are particularly averse to fat meat, that when they by chance partake plentifully of it, dressed after the common mode of cookery, that is, roasted, boiled or baked, complain of heart-burn, thirst, indigestion, and their concomitants: On the 26th of October last, a dish of soup was presented to them, prepared agreeable to the receipt below,* of which they
partook

* Beef-suet three ounces; bacon fat one ounce; barley half a pound; oatmeal two ounces; wheat flour one ounce; onions, pepper and salt, a proportionate quantity; water sufficient to make a gallon.

partook plentifully, *pronouncing it delicious*; fat light and easy on the stomach, without heart-burn, or other complaints.—This instance is a strong proof that a *mixture of fat with vegetable mucilage* is founded on sound reason and the greatest propriety, equally as wholesome, or perhaps more so, than fat with potatoes, cabbages, pease, &c. or with flour in the shape of paste and puddings, where a much larger quantity is necessary to a given number of persons.

I must here trespass a little on the reader's patience, and observe, for particular reasons, of which more in another place, addressed to those whom it immediately concerns, that a great saving would accrue to government by adopting the soups, and other parts of the cookery in the navy, and in barracks on foreign stations, as also victualing the prisoners, where fresh beef and a regular supply of articles, agreeable

to

to the forms of the navy are not always to be had.

A gallon of soup, value four-pence, would go a very great way in dining eight men, whilst suet-pudding, *three pound and a half of flour, and half-a-pound of suet,* costing about *nine-pence or ten-pence*, will go no further.——Justice to myself, prompts me to an argument, which, I trust, the the public will deem a powerful one:—That, if my soup is thought unwholesome, on account of the suet contained therein, the seamen's suet-pudding, which contains *more* of it, must, by that chain of reasoning, be *more* unwholesome, and ought to be prohibited in the navy; or suppose only *four ounces* of suet to be put in the pudding, still I hold it not so wholesome as the soup, because the barley and other materials, are by the cookery, easily made miscible with the suet, and assisting in its digestion, whilst the flour in the pudding, which cannot conveniently be cleared from weavels

and

and other insects, as in the soup, is combined with water ; no eggs, or other helps to it, to lighten the paste a little, is *viscid in the extreme* ; consequently, very unwholesome, when put in competition with the soup.

Portable soup that is used in the navy, might be much improved, so as to imitate fresh beef soup, possessing a fine flavor, and of very nutritious qualities, at the expence of about *ten-pence* per gallon.

On long voyages, when ships' companies are put solely to salt beef and pork, or when scarcity of other articles happen, such as flour, &c. this soup, in its improved state, would be a valuable acquisition ; but in the present state it is in, being such *thin meagre fare*, is fit only for the sick, and those of very weak delicate stomachs. The commissioners of the sick and hurt, have said—“ *Their portable soup is excellent ! that it needs no further improvement, nor do they*

they wish it—I beg leave to tell them, a British tar, enjoying a good state of health, could eat a quarter of a pound of it at a meal, dissolved in a quart of water, value *six-pence*, which is intended for *one gallon* of soup.

It is in quality, when prepared as directed with pepper and salt, *something better than water*; to a sick person, it serves as a relish to a biscuit, just as tea does to bread and butter.

One pound of suet, which takes up little or none of the salt in a state of pickle as lean beef does, contains more nutrition than *four pounds* of the best portable soup that ever was made for the navy.—The gelatinous parts of animals are very nutritious, but the fat of animals is still more so;—common sense—no chemical reason need be called in to decide this point.—A pint of leg of beef gravy, value *two-pence*, weighing, perhaps, twenty ounces, will impregnate *a gallon* of water with a moderate

moderate taste of the subject ; but, a pint of melted suet will impregnate *four gallons* of water, with a much stronger taste of the subject ; for taste alone, is in this case as good a criterion to go by, just as an *equal bulk* of parsley in the leaf, is to an *equal bulk* of parsley in the seed ; when it must be well known to any capacity, whether the former or the latter possesses most of the virtues and essence of the plant.—It is but premature at present to enter into any further argument on the point ; but should I find the commissioners of the sick and hurt inclined to dispute it, I will then come forward, supported by some gentlemen, eminent in chemical knowledge, whom I have consulted previous to this work being sent to the press. In the present state of the business, I must tell the commissioners, their arguments against the adoption of the cookery in the navy, are *impotent and puerile in the extreme* ; and every reader of this work, after hav-

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ing seen the statement of the soup, with respect to the suet-pudding used on ship-board, must coincide with me in opinion.

The following receipts have been put into the writer's hands, by some ladies and gentlemen, who are well-wishers to the work.

1st. Irish Stew.

Take fat mutton chops, any quantity, for example, two pounds, potatoes, from four to six pounds, washed and scraped; onions or leeks, a proportionate quantity; pepper and salt a sufficiency; stew the above with a small quantity of water, for an hour and a half in a vessel close covered.

NOTE—It makes a very cheap, wholesome, nourishing dish, which, I hope, every family will be acquainted with, and this intimation rendered unnecessary.—On the same principle, legs of beef, ox-cheek, or the fat, sinewy parts of meat may be

cooked,

cooked, but lean meat will not be so tasty, or nutritious, for reasons already given in the course of this work.—Rice may be used instead of potatoes.

2nd—Take of gravy beef, one pound; Scotch-barley, one pound; potatoes, two pounds; onions, one pound; pepper and salt, a sufficient quantity; bacon, three ounces:—The produce will be four quarts of soup, and will dine and sup three working men.

3d—A sheep's head; barley, one pound and a half; potatoes, three pounds; onions half a pound; pepper and salt a sufficient quantity; with cabbages, turnips, and carrots, and eleven pints of water; it will produce six quarts of soup; sufficient to dine and sup four men.

4th—Take of bacon, half a pound; barley four ounces; of onions, pepper and salt a sufficient quantity; water to make two pints and a half of soup, which will dine three men with bread.

5th—With neck of beef, as in the 2nd receipt.

6th—An ox-cheek; barley, one pound, potatoes, six pounds, onions, one pound, pepper and salt a sufficient quantity, with cabbages, turnips and carrots, boil in twenty two pints of water, to produce three gallons, sufficient to dine eight men—very salubrious and rich.

The publisher is of opinion, that the best method of preparing the above would be first, to stew the meat in a small quantity of water close covered up, and then add more water with the barley and vegetables.

The bacon in the second receipt, which is purposely intended to relish the soup, should be melted before the fire, on a little flour or oatmeal. The half pound of bacon in the fourth receipt, if dissolved away, would make *two gallons* of excellent soup, with a pound of barley.

If any fat appears on the top of any of the above flews, *it should not be skimmed off*, but should be united with the broth by means of flour, oatmeal, or potatoe starch, when probably more water will be necessary, which will of course encrease the quantity, leaving it equally as strong tasted, for the reasons already given in many other parts of this work.

7th---Colonel Paynter's mess-soup, for the marines at Portsmouth, copied from the London Evening Post, October 27, 1795.

Take three pounds of the shins of beef, or of the stickings, or any of the coarser or cheap parts of beef; put these into twelve quarts of water, which must boil gently for three hours; then add one pound of Scotch-barley, and boil four hours more, during which time, add six pounds of good potatoes, and half a pound of onions or leeks, some parsley, thyme, or savory;
season

season the whole with pepper and salt ; any additional vegetables, or split-pease should be added, and half-a-pound of bacon cut into thin slices, will make it more savory.

In cities and towns many bones may be procured from the butcher, which may answer the purpose of the meat, and will be much cheaper ; this potage is sufficient for twelve men.

8th---Mr Plummer's receipt for feeding the poor in Hertfordshire, in 1795.

Take thirty quarts of water ; ten pounds of good beef ; six pounds of potatoes ; six pounds of turnips ; three pounds of onions ; three pounds of rice ; two quarts of oatmeal ; boil them all slowly for eight hours.

NOTE.—If the beef be lean. beef-suet, or other fat, should be added.

9th---*Another good Potage to feed the Poor.*

Take four gallons of water ; four pounds of beef ; boil gently for two hours ; scum the broth, then add six pounds of potatoes, well washed, scraped, and cut in pieces ; season with salt, and boil for two hours more.

Half an hour before dinner, cut four pounds of bread in slices, lay them in a soup-dish, and pour a little of the broth on that bread.

At dinner time, pour upon those bread slices the remaining broth ; stir it well, and put more salt and pepper ; one pound of bacon, would do instead of two pounds of beef ;—it must not be kept in a brass pan.

NOTE—To skim the broth—if the fat is meant, will be unnecessary and wasteful.

10th---*From the Gentleman's Magazine.*

Take six quarts of water ; two pounds of beef, mutton, or veal, or of hung-beef
refresh-

refreshed in water, and cut into very small pieces ; let the above be boiled slow, or stewed until quite tender, then add parsnips, a quarter of a pound, or carrots, or turnips sliced thin, also two ounces of leeks or onions, and other greens, such as cabbage, lettuce, celery ; thicken the whole with a quart of oatmeal, or any kind of meal, or beans or pease—knocked-barley will make a good substitute for meal—season with pepper, ginger and salt.

In those places where pot. or Scotch-barley is not to be had, the common barley, first moistened with a little water, and put into a wooden or stone trough, and beaten with a wooden mallet of considerable weight, will prepare the barley, called knocked-barley, where the outer rind or skin is taken off by the operation, and separated from the barley by sifting through a sieve.

11th—Hessian Soup, for six persons.

Take four quarts of water, one pound
of

of good beef cut in slices, one pint of fine white split-pease, two pounds of potatoes, three ounces of rice, three heads of celery, three onions or leeks, dried mint, parsley, or thyme, pepper and salt; let all boil slow together, until the four quarts are reduced to three, then strain through a sieve.

Slices of bread to be put into the soup when it is to be eaten.

NOTE—*Straining this soup is totally unnecessary, and not warranted by the rules of frugal cookery.*

12th—*A Cottage Pudding of Potatoes.*

Take two pounds of potatoes, boiled, peeled, and mashed, one pint of milk, three eggs, and two ounces of moist sugar, mix them well together, and boil near an hour.

13th—*Another.*

Take twelve ounces of potatoes, boiled, skinned and mashed; one ounce of suet,
a lit-

a little milk; and an ounce of Gloucester cheese; mix them well with as much boiling water as is necessary to bring to a due consistence, which bake in an earthen pan.

14th—Another.

Take twelve ounces of mashed potatoes; one ounce of suet; one ounce of red-herring, pounded fine in a mortar, or other convenient utensil; mix them well together, and bake in an earthen-pan.

15th—Marrow Pudding, with Potatoes

Take marrow from the bones of beef shins, and fat from the broth; a sufficient quantity of potatoes; wheat and barley-meal:—This pudding will cost but *three-halfpence* per pound.

NOTE—A small quantity of wheat-flour added to any of the above puddings, will be an useful and proper addition.

16th—*Rice Pudding.*

Take a quarter of a pound of rice, tie it up in a bag which is large enough to hold five times that quantity, let the rice be quite loose in the bag; it will produce a pound of solid rice food; which, if eaten with any sweet or savory sauce, makes a good palatable pudding.

17th—*Another.*

Take half-a-pound of rice; a quarter of a pound of raisins; two ounces of brown sugar; two quarts of milk;—these ingredients cost ten-pence, and produce above four pounds weight of solid, nutritious, and pleasant food.

At the foundling-hospital, rice-puddings are made as under: viz. Twenty one pounds of rice; sixteen pounds of raisins; and fourteen gallons of milk—Not half the expence of their former flour puddings.

18th—*Salt Herrings and Potatoes mashed.*

A good palatable dish is made by boiling

ing herrings, afterwards skinning, boning, and mashing them up with boiled potatoes, and warming the whole with a little melted butter or drippings prepared in the manner of melted butter.

Herrings may be refreshed considerably by steeping them in warm water for five or ten minutes.

19th—A good Mefs

Is potatoes and parsnips boiled and mashed together, and ate with butter, drippings, &c. as directed in a former part of this work, for hasty-pudding.

Potatoes and cabbages, well boiled and mashed as above, with the addition of a few onions, form also a good mefs, and much used in Ireland, as well as the two last receipts.

Many have objections to the large Scotch winter cabbage, so called ; but when they are well boiled, they eat very tender, mellow and pleasant.—apropos—In the months of March, April, May, and June, greens
and

and other garden-stuff are often scarce. All cottagers who have gardens, instead of throwing the cabbage-stocks to the dung-hill, which they are very apt to do, ought to preserve them for spring greens, by pricking them in the ground, around the borders of their gardens, or other convenient places, when they will produce abundance of tender shoots, proper for greens in the spring of the year, until such time as spinage and summer cabbages are ready for use : And, I cannot help observing, that farmers are very remiss in these matters, from the opportunity afforded them through the field-cabbage cultivation. I have often found in farmers houses a want of greens in the spring of the year; having nothing but pease, and bad-tasted potatoes, to their animal food : How easy they might procure an abundance of greens, both for themselves and labouring poor, by sowing, (in August) a pound of Scotch cabbage-feed,

seed, value *two shillings*, on any of their grounds—summer fallow for instance. It is well known, *cabbage-plants* make an excellent eating green. And, I must observe, also, that if farmers, who rent *an hundred acres* of land, were to plant *one acre* with potatoes, after the field mode of cultivation, or even compelled thereto by act of parliament, to do away any prior agreement between them and their landlords, a beneficial effect to the community would be the issue; potatoes having now become so universal a food amongst the lower classes of the people; besides an abundance of pig potatoes would be procured, that might have a considerable effect in bringing down the price of bacon; or lessening the expence attendant on the feeding of hogs; which often cost the labourers who feed them more than their intrinsic value.

An acre of potatoes so planted, by means of the plough, would yield as much profit to the farmer, as any other kind of crop
in

in a general way, even if they were reduced to half the price which they now are.

Potatoe-Starch.

As potatoe-starch has often been directed to be used in the composition of soups, a description of the method of making it, will be perhaps necessary, as many who peruse this work, may be unacquainted therewith. That potatoe-starch is wholesome, I trust, no one will deny, otherwise, the wholesomeness of potatoes may be denied also.

First, wash potatoes, any quantity ; then rasp or grate them with a grater into a large quantity of cold water, say a gallon, to two pounds of potatoes ; set this by for twenty four hours, frequently stirring it up ; pour off the clear liquor, and add more water to what remains at the bottom of the vessel ; set this by for twenty four hours more, frequently stirring as before ;

fore; and then again pour off the clear liquor, when the starch will be found at the bottom of the vessel, in a very fine white powdery state, which may be mixed with a little more water, and run through a piece of coarse cloth, to separate it from the refuse of the potatoes, which will be found amongst it; then the water must again be poured off, after having stood a little while, and the starch dried in the sun, or before the fire.

Cooking Utensils.

The choice of cooking utensils, ought to be such as occasion the least expence of fuel, and preserve most the virtues of the meat and vegetables. Those tin boilers with partitions seem preferable, where vegetables are cooked by steam; take up little room on a fire, and require little fuel to heat, and boil the materials contained therein.

Meat for stews and soups, can be prepared in the lower part of the boiler, whilst potatoes, or other vegetables in the upper part, are sufficiently prepared by means of the steam. The extra expence in the purchase of this, and all other such economical contrivances, is soon re-embursed by the saving in fuel, &c.

There are many excellently contrived cooking utensils and fire-places, by Count *Rumford* and others, to be met with almost at any tinman's shop, ironmongers, &c. To give a description here is unnecessary, and would draw this work into too great a length:—Printed directions for the use of the above, are generally given in with the purchase.

There is one very excellent utensil, contrived so as to stew meat and flakes in the lower part of it, whilst the upper is designed for *potatoe-pasty*, which is impregnated with the steam of the meat, by means of holes in the partition. Butchers' meat
 cooked

cooked in this way, (which is baked) is upon the most frugal plan ; two pounds of it, possessing a rich gravy with the pastry, will dine a family of six persons comfortably.

A mettle pot, in general use in Cornwall, and in many parts of Ireland, is an excellent utensil, both for boiling and baking : where, for the purpose of baking, the lid of the pot is first heated and put on the hearth, with the pot turned upside down upon it ; this soon communicates a heat to the whole :—When the pye, intended to be baked, is put in, and embers, such as from charcoal, einders, turf, and wood-ashes are put round and over it in a smothered manner, so as to retain the heat :—In this state it may be left by families, whose employment is out of doors, and whose absence may be for four or six hours ; during which time, their pies are baking sufficiently, without hazard of burning or being over done.

And

And what is more usual with those whose employment lie within doors, is to hang the pot, previously heated, with the lid or mouth part uppermost, on a crook for that purpose, at a convenient distance from the fire; or, by turning the pot downwards, with the lid on the fire, or kept at a little distance from it by means of bricks, when a very little fire will be required for baking a pye.

On the same principle, pies are baked in Ireland, Scotland, and the northern counties of England, on a girdle or basestone, so called; which is used also for baking cake-bread:—It is a round plate of iron, of a foot diameter, or less, and about one-third of an inch thick—on this the pye is put, and placed over the fire, with a tin cover over the pye; the same is baked with no more fuel than what is usually kept in a fire-place.

Before I draw to a conclusion, I cannot omit taking notice of a charity, established in

Spital

Spital-fields, which does honor to humanity ; where the poor, amounting to ten thousand and upwards, are fed occasionally with leg of beef stew, or soup, pease-pudding, and potatoes, at half the intrinsic value, prepared at cook-shops, situated at convenient distances..

In a pamphlet, printed by *H. Fry*, descriptive of the charity, it seems sixty-four pounds of legs and shins of beef make fifty-six pints of excellent beef gravy ; a pint of which, with a proportion of meat, pease-pudding, or potatoes, make a sufficient meal for a grown-up person. The writer hints in another page, that with the addition of barley, pease, cabbage, &c. a great variety could be formed from it—Yes ; *a very great variety can be formed as also a very great increase of quantity*, as noted in a former part of this work, where, with barley-broth, made agreeable to the first receipt, the quantity of soup might be increased, instead of fifty-six pints

to

to three times that quantity, or one hundred and sixty-eight pints of good, pleasant, wholesome, nutritious soup ; feeding instead of fifty-six, one hundred and sixty-eight men :—If the fat is not skimmed off, two hundred and twenty-four men. That the fat is not deemed unwholesome by that writer, I am perfectly satisfied, for he directs it to be added to the pease-pudding ; so we only differ as to the mode of using it.

The appendix contains a friendly recommendation to labouring people and others, having families at home, some parts of which I shall now quote ; as also some excellent observations contained in another pamphlet, which has been put into my hands for that purpose, entitled, “ *Useful Suggestions, favorable to the Comfort of the Labouring People and decent House-keepers.* ”

“ The first consideration with every
 “ well-intentioned, industrious man, and all
 “ heads of families who have a small income,

“ is

“ is, *how to make the little they have go as far*
 “ *as possible*, without abridging the frugal
 “ comforts to which they are justly entitled;
 “ without pinching their children of that
 “ wholesome and palatable nourishment,
 “ which is necessary for the purpose of
 “ rearing them up to maturity in health
 “ and strength. This is not to be effected
 “ by the too-prevailing mode *of dressing meat*
 “ *on a gridiron*. The poor man, who
 “ dresses his meat in this way, throws
 “ at least *one-third* of the real nourish-
 “ ment into the fire; while he who boils it
 “ without making some kind of soup, throws
 “ *half* of it away in the water.”

“ The frugal housewife, who will stew
 “ her meat, with potatoes, onions, vege-
 “ tables, and barley, or rice, varying the
 “ dish occasionally, by way of change,
 “ but always observing the rule to make
 “ some kind of savory soup, will find, by
 “ experience, that the family, for the year
 “ round, will fare twice as well; will
 “ constantly

“ constantly have enough; and will save,
 “ with proper attention, at least one-third
 “ of what is wasted by want of proper
 “ attention to a better mode of dressing
 “ victuals.”

“ Those, who work or live at home in
 “ a family way, must, of course, have
 “ a fire to warm them, and to boil their
 “ tea-kettle :—The same fire will stew
 “ meat and vegetables, and make broth.
 “ Most families, even in lodgings, have
 “ an iron pot, or stew-pan, or if not,
 “ it can easily be procured, therefore
 “ no extra expence is incurred, nor any
 “ time lost by this superior mode of cook-
 “ ing.”

“ If, instead of bread and butter to chil-
 “ dren* for breakfast, (the latter often rancid
 “ and

* The writer of these pages is of opinion, the
 dishes here prescribed for children are proper for
 adults also,

“ and unwholesome), *thick water-gruel*, well
 “ boiled, with a small quantity of milk or
 “ treacle, or occasionally rice and milk were
 “ substituted, it would be found infinitely
 “ more nourishing, equally palatable, and a
 “ deal cheaper; for such a dish could be fur-
 “ nished at less than half price.—It is also
 “ the most proper supper for children, and
 “ greatly to be preferred to the usual prac-
 “ tice of feeding children with bread and
 “ butter, or bread and cheese, which requires
 “ afterwards a certain quantity of malt-li-
 “ quor, which otherwise would not be ne-
 “ cessary.—Such breakfasts and suppers
 “ might be varied, and potatoes and milk
 “ substituted in the room thereof, at those
 “ seasons of the year when both are cheap
 “ and good.”

This writer very properly concludes to the
 following effect—That the poor man and
 woman, who observe the above rules of æco-
 nomy, avoiding the too-frequent use of the
 gin-bottle, and excess in other liquors, will
 seldom

feldom or never have occasion for a temporary supply from pawnbrokers, that adds but distress to distress.

The frugal, honest and industrious, although poor, are still respectable in the eyes of society, and can never want friends ; will always be sure of support. The first nobleman in the country, would do himself honor by taking them by the hand ; and every good man will be their friend and protector, when sickness and unavoidable distress comes upon them, whilst the lazy and dissolute will be left to suffer the misery, which their idleness and vice must ultimately bring upon them.

In the pamphlet, entitled "*Useful Suggestions, favorable to the Comforts of the Labouring People,*" are some sensible observations on soup, as follows :

" It has long been observed as a matter
 " of regret, by the friends of the poor, who
 " have had access to examine the modes of
 " living, which prevail in other parts of the
 " kingdom, (meaning the northern counties
 " of

“ of England), that the labouring poor who
 “ have chiefly been bred in London, are
 “ deprived of many comforts which they
 “ might freely enjoy, were they acquainted
 “ with the various useful methods of dressing
 “ meat and vegetables, so as to make their
 “ earnings go as far as possible in a family,
 “ and thereby afford a wholesome, palatable,
 “ and abundant supply of savory and
 “ nourishing food, at a small expence.

“ It is not many years ago, since the more
 “ opulent part of the people of London
 “ could be made to believe, that soups were
 “ good and profitable in a family; and even
 “ now, except among the higher ranks, is
 “ not a mode of cookery which generally
 “ prevails, *although it is advancing very fast;*
 “ *because the secret is no sooner discovered than it*
 “ *is adopted,* and considered by all who have
 “ learned the true and proper method of
 “ making soups of meat and vegetables, as
 “ a great acquisition to every family, especially
 “ where there are children.”

“ So

“ So powerful is habit and custom, that it
 “ is only a few years since soups were in-
 “ troduced into the work-houses in London,
 “ and it will scarce be believed, that the rich
 “ and nourishing juices of the meat which
 “ intermixed with the water which boiled
 “ it, *were generally thrown out and lost.*”

“ A better knowledge of cookery, and a
 “ greater regard to the healths of the poor
 “ people, have induced the managers of
 “ many work-houses *to save* the water in
 “ which their meat has been boiled, and to
 “ make it into soup on the following day,
 “ with the addition of some bones to en-
 “ rich it, and a mixture of such vegetables
 “ as the season of the year affords; by
 “ which means, at a very trifling expence,
 “ the poor people enjoy a most nourishing,
 “ palatable, and balsamic food, to which
 “ they were strangers before; but which
 “ experience teaches them, after knowing
 “ it, to prefer to any thing else: and yet in
 “ the work-houses, this soup is not so good

“ as

“ as it might be, by a proper distribution of
 “ savory vegetables and barley.”

“ The best and cheapest method of ma-
 “ king a rich and nourishing soup, is only
 “ known to the higher classes of people in
 “ London, and in the south of England,
 “ with very few exceptions, and therefore
 “ the object of the writer of these pages, is
 “ to extend that knowledge, in all its
 “ branches, to the labourers, mechanics,
 “ and other decent house-keepers, who have
 “ small incomes and large families, that
 “ they may thereby, be enabled to live
 “ better themselves, and feed their children
 “ with as wholesome diet as the rich man’s
 “ children enjoy, and that too at a smaller
 “ expence than they now enjoy.”

“ At present, the labouring poor are not
 “ frequently known to purchase what is
 “ called the coarser pieces of the different
 “ kinds of butchers’ meat.—Unskilled in
 “ the nutritious qualities which attach to
 “ them, because of their ignorance in cook-
 “ cry,

“ery, they leave this kind of meat to be
 “bought up at an inferior price, by many
 “of the higher classes, and they lay out
 “their money in pieces for roasting, where
 “the bones, perhaps, enhances the price of
 “the actual meat to *nine-pence* or *ten-pence*
 “a pound, which is sent to an oven to be
 “baked, where the nourishing parts are
 “dried up, and where all that a poor man
 “can afford to purchase, perhaps does not
 “half satisfy the appetites of himself and
 “family.”

The above observations are so much to
 the purpose, that I could not avoid quoting
 them.—I differ with this sensible writer, and
 all others, only in regard to *roasted meat*,
 where I affirm, agreeable to my theory of
 nutrition, depending on the fatty part of
 animal food, *that good soups can be made from*
these joints with economy :—So that the labour-
 ing poor, when disposed to purchase roasting
 pieces of meat, (although the seldomer they
 do

do so the better, on account of the high price) if they make soup of the drippings, agreeable to my instructions already given in a former part of this work, they will be strictly and properly pursuing the laudable rules of œconomy.

With respect to meat baked in an oven after the common mode ; a considerable waste is certainly occasioned, as great quantities of nutritious particles fly off in vapour, lessening the joint to one-third of the original weight, exclusive of the fat, which is half burnt away, besides liable, common fame says, to be pilfered.

I recommend potatoes, boiled and mashed, to be put over the meat, so as to cover it entirely, with a little water put in the bottom of the dish, which dish must be of a hollow, deep make, such as cream-jugs are ; the steam of the meat will be absorbed by the potatoes, rendering them pleasant, and highly nutritious, and the meat itself very savory. A four pound piece of meat,

as above directed, will take about eight pounds of potatoes and a pint of water, to which must be added pepper and salt, and with or without onions, or leeks as best please the palate;—this dish will bake in two hours.

Much on the same principle, a dish consisting of rice and meat, may be cooked. Put some meat, that is pretty fat in the bottom of the baking-dish, with a little water, pepper and salt; over that some rice, either boiled or unboiled, then some more meat and rice, alternately seasoned as before, and water, in double and treble the quantity, as directed for potatoes.—This is a very savory dish, and a good method of eating rice.

From what has been observed with respect to soups, I trust, every house-keeper who wishes to be economical, will never boil joints of meat without making at the same time, some kind of soup, agreeable

to

to the forms here laid down, particularly those where barley makes part of the composition: Barley, (I mean the hull'd, or Scotch sort, so called), eats agreeable with almost any kind of butchers' meat, and with any joint of meat; whether neck, breast, leg; or ribs, &c. and, was but the excellence of this cookery universally known and practised throughout this kingdom, such advice, as is contained in this and other works, descriptive of frugal cookery, would be partly unnecessary:—Instead of which, it unfortunately happens in England, that a pound of butchers' meat is but a meal for one man, whilst in other countries, by making it into soup, is a meal for six men. Foreigners make their soup in a pot, but Englishmen make theirs in their stomachs, by swilling down a large quantity of ale and porter with their meat, which they find necessary to quench the thirst occasioned thereby:—Hence, says a sensible writer, whose words I quote—“ *That among the*
variety

variety of schemes which have been devised by the humane, for relieving the distresses of the poor, a better and more extensive charity cannot be devised, than that of instructing them in a new mode of cookery."

Many with whom I have conversed on the subject of soup, and whose cookery I have had the opportunity of inspecting, have asserted, that soup, compared to solid meat, is mere nothing.—I perfectly coincide with them in opinion, so far as regards *their* soups, which really are nothing, or next to nothing :—An infusion of the meat, not a decoction of it, and ought to be named, *beef or mutton-tea*, or whatever kind of meat is the subject, often being simply the pot-liquor, without any thickening whatever ; sometimes a little oatmeal is put in, the quantity of an ounce to two gallons of liquid, and previously to that, taking care to *skim off the fat*, which is the essential part of the soup ; of course, the virtues and nutritious qualities are in a great part
abstract-

abstracted. They then exclaim a dislike to soup—no wonder ; when by their cookery it is rendered so insipid.—A pint basin of it serves as a kind of whet to some solid meat that comes after, and on which the hungry man depends for his meal.

Would English house-keepers consent to make soup properly, where barley is one of the ingredients, I could almost venture to assert, scarce an individual, but whom would relish it :—In every instance, that has come within my knowledge, I have always found it so, even where a prejudice has been entertained against barley, previous to tasting the cookery.

Every one grumbles at the high price of butchers' meat and other provisions, and forms various opinions touching the cause. There may be many causes, but I believe *want of æconomy, and the too-frequent use of animal diet and expensive dishes* are some of the chiefest of them. Butchers' meat is at this time somewhat lower priced
than

than it was a few months ago ; but this fall has not been occasioned by a general œconomy, nor by a more extensive breed of swine, as some alledge ; but to an over glut of fat cattle sent to market, occasioned by the unusual plenty of grafs and other feed, which have fatted cattle *originally not meant* to be fatted for sometime to come.

As soon as this superabundance of feed is over, butchers' meat will probably reassume its high price again, unless depressed by a general plan of œconomy ; and no fair means whatever will have such an effect of regulating it as this ; when the demand for butchers' meat will not be so great, its price will lower of course.

I shall close this subject, by a quotation from the works of a celebrated writer, relative to the labouring poor and others, dependent on parish-relief, and the benevolent hand of charity, who are too apt, many of them, to rely on others, without being industrious and using laudable means
for

for the subsistence of themselves and families. This sensible writer says—"The poor should not be deceived; the best relief they can receive must come from themselves"—The produce of their labour.—
 "To expend what labour actually produces, in the most beneficial manner for the labourer, depends entirely on good management and œconomy."

"This œconomy, in all cases, is the more
 "to be urged, because the difference in
 "comforts of the same families, at the
 "same expence, well or ill conducted, is
 "often greater than that of different families, at different expences."

"There are more difference, comparatively, in the mode of living from œconomy, than income; the deficiency in
 "income may possibly be made up by
 "increase of work or wages; but the
 "want of œconomy is irremediable, and the
 "least income in question *with it*, will do
 "more than the greatest *without it*. In
 "the

“ the first place, no master can afford
 “ wages ; next, no overseer can make
 “ allowance ; lastly, no magistrate can
 “ order relief enough, on any calculation
 “ but that of their being well managed.
 “ If the poor do not prudently serve them-
 “ selves, none can effectually assist them ;
 “ if they are not their own friends, none
 “ can sufficiently befriend them :—The idle
 “ in procuring, or the wasteful in using,
 “ the means of subsistence, have neither
 “ merit themselves to deserve, nor have
 “ others power to grant them that supply
 “ which is alone due, and can be alone
 “ afforded to the honest, industrious and
 “ prudent. It highly interests all con-
 “ versant with the poor, who ought to
 “ be literally all, and it is to be hoped
 “ most are, to consult and co-operate with
 “ them in the practice of œconomy ; it
 “ is far more useful to teach them to spend
 “ less, or to save a little, than to give
 “ them more.”

The

The information contained in these pages, where above eighty dishes and soups, with their varieties are described, that must accord with all palates, will point out pretty effectually the practicable mode by which this plan of œconomy might be pursued, which, I flatter myself, will appear evident to every reader; and nothing is wanting by all classes of people, particularly those in necessitous circumstances, but a small degree of resolution to begin.

FINIS.



APPENDIX,

Containing some further Observations on Œconomical Cookery ; and a Description of some pleasant, frugal, and nutritious Dishes.

IN page the 8th, where a description of the fat broth is given, those who are disposed to prepare such should observe, that the fat, or drippings which they use, ought not to be old or rancied, which is very apt to be the case where it acquires that rancidity, or strong taste in the dripping-pan, by being exposed to a *long heat*. Dripping intended for soup ought to be poured out of the pan as soon as it has dropped from the roasting meat. To correct the rancidity, it ought to be washed in several waters, as butter and lard are done.

It appears to be the opinion of some, that, "*fat broth must be a nauseous mess and cannot be wholesome.*" In reply, they are referred to pages 10, 11, 14, 15, 31, 32, 51, 52, proving directly the contrary, from conclusive arguments, and real facts.

The writer once had an opportunity of detecting the cause of pease-soup disagreeing with a family, which was owing to the fat being rancid. It was *burnt brown* in the dripping-pan, where it had remained the whole time of the meat's roasting, **which** was nearly three hours ; live coals and cinders had dropped into it also ; next day, pease soup was made from dripping that was removed as soon as it had dropt from the meat, and the soup was allowed to be excellent, and agreed with old and young. It is now made a standing dish in the family, and one shilling and three pence saved each time of cooking. Their former tureen of soup

had four pounds of lean beef stewed in it. The *boullie* was deemed, by the cook, not fit to be eaten by Christians, and thrown into the hog-tub. The writer, on further enquiries, finds it very customary with cooks to expend meat in this manner;---hence the high price of it, and other articles are easily accounted for. Masters and mistresses of families, in a general way, especially in the south of England, *seldom enquire into these matters*, leaving the affairs of the kitchen entirely to cooks, many of whom do not know a letter in a book, and have no proper ideas of their own,—they are all borrowed, and cook by example. This extravagant cook was astonished at being told, that *four ounces* of fat was more nutritious, than *four times the quantity* of lean meat. No wonder,—the knowledge of which can only be known by those conversant in physic, chemistry, and the nature of the animal œconomy; and hence from this follows, that men cooks, the first in the kingdom, unless possessed of knowledge as above, cannot be a judge of soups, touching their wholesomeness, composition, and other properties.

It has been mentioned to the writer, that fat, and fat meats occasion bilious diseases. In reply, fat eaten in pretty large quantities and frequently, will occasion bilious and other complaints. But *fat eaten in the manner as directed in this work, seldom or never can have any such effect*. Fat, it must be observed, is the *essence of meat*. Two ounces possessing more nutrition, than half a pound of the best buttock of beef (the lean part of it) that can be procured. Those who eat lean meat, eat nearly the same quantity of bread; sometimes much less. To eat fat in that proportion of bread, would soon produce sickness at stomach, and other symptoms, probably bilious ones. Fat requires *four times* its quantity of bread and vegetables to be eaten with it. In all the receipts contained in this book, the reader will perceive a large proportion of the vegetable principle in them.

A gentleman conversant in physic and chemistry, whom the writer dined with one day, on a neck of mutton and barley-broth, dressed after the old mode, where the cook had “*carefully skimmed off the fat*,” as expressed in cookery-books, started objections to Meiroe’s theory; saying; fat broth, if eaten by him,

would occasion bilious symptoms. The neck of mutton was three or four inches thick of fat: he ate two plates of it, not less than *six ounces*, with turnips. On being put in mind of what he had done, and why he objected so much to *fat broth*, when at the same time, he ate so plentifully of the fat mutton? And what made the fat mutton *wholesome*, and the fat broth *unwholesome*? The writer was open to conviction; any reasons, physical and chemical, which he could assign, would be glad to have them.

He paused, and was confounded; acknowledged his error; was convinced from plain reasoning, that if the one was wholesome, so must the other. He called his cook into the room, and gave her orders not to skim off the fat in future, but add more water and vegetables.

This injunction was obeyed, and the consequence was, the gentleman had, instead of three quarts of broth, nearly a gallon and a half; equal in quality to his former soup.

Is it not notorious, that those who eat *English butcher meat*, must eat a pretty large proportion of fat as well as lean, they being so blended together? Then why object to fat broth? Is it not proper to make fat broth (agreeable to Melroe's receipts) in a pot, as it is in the stomach and bowels? For whatever is taken into the stomach must be made into soup, or something like it, with the liquids that are drank before the body can be nourished.

A reason why soups are not much used, is, from an opinion which prevails (even with some medical gentlemen, who ought to know better from their acquaintance with anatomy; physiology, and the nature of the animal œconomy) that they cannot afford much nourishment. That some fashionable soups are not very nutritious, being made of lean meat, may be the case, but soups made agreeable to the theory laid down in these pages, the writer will maintain are very nutritious—It is impossible to be otherwise—let those who doubt try the experiment. The writer in the year 1797 was known to be corpulent; but on his living for a few months on roasted meats, puddings, London bread, and other solid diet, with only a glass of wine after dinner, and sometimes none, became very slim; yet no apparent disease was the occasion.

He sometimes felt a sensation of tightness in his stomach and bowels, as if girt with a cord, attended with constipation. After reflecting on his case, it occurred, that his waste of flesh might be owing to *not living more on soup and liquids to distend the stomach and bowels*, for on physiological reflection, absorption of the chyle must be best performed when the intestines, on which the lacteal vessels are spread, are properly distended, whilst on the contrary, where *contraction* of the intestines take place from *dry food* and other causes, absorption must be impeded. This is the opinion of Dr. Buchan and seems confirmed by analogy, as may be observed in stall-fed cattle; that feed best when they drink large quantities of water; whilst on the contrary, horses that are *laced tight about the belly and restrained from water*, are prevented from getting fleshy.....It is sufficient to say, that the friiter, after changing his mode of diet to soups and fat woths, a pint of which he ate twice a day, in two months he re-assumed his wonted corpulency.

From **what** has been observed, it will appear to the reader, **that** fat broth, from its soluble and lubricating qualities, must **be** *a pretty effectual remedy* against the *pernicious effects of baker's bread*, which contains a portion of **alluin**.—Those who are afflicted with complaints in the bowels, similar to dry belly-ach, and constipation....a pint of this soup once or twice a day, or perhaps not so often, will answer the purpose.

Some assert, that soup do not agree with them, occasioning heart-burn, and other complaints.....In such cases, the writer has found that it has been owing to an erroneous method of preparation; being not a compound of animal and vegetable matters, but *gravy soups*....of course, must be very improper for many stomachs. There is no good soup but what contain a proportionate quantity of meat and vegetables....an instance occurred, where a sick lady was directed to take nourishing broths instead of meat. Her cook made soup from meat stewed down....it disagreed with the lady, and was rejected from the stomach. The writer put some pease-pudding which he found at hand, into the next basin of soup, and it agreed perfectly well with her..... This shews the utility of a vegetable and animal mixture in soups.

Soup from stewed Meat.

Take of any coarse piece of meat, the coarser the better, as such generally contains more nourishment,.... say four pounds, let it be washed from the blood, then cut into small pieces, peppered and salted a little, and put into a jug, with a quart or three pints of water, which must be covered over with a cloth or piece of brown paper, and put into an oven to stew for six or eight hours, or until the meat is tender.

Take half a pound of Scotch-barley, let it be boiled as directed in pages 8 and 9, so as to make three quarts or a gallon of barley-broth; potatoes, turnips, carrots, onions, and leeks, may be boiled in it as fancy may lead, or as they can be afforded as to price. After the meat is stewed, let the gravy part of it be added to the barley-broth, and a most delicious soup is the issue..... The stewed meat is recommended to be eaten with the pease-pudding, as described in page 39; so that two dishes are procured at a cheap rate, so savory and well tasted, that no palate can object to: on the same principle pease-soup may be made, and where pork is used, pease are preferable to barley.

Beef-steaks and mutton-chops dressed as above, where soup is made from the gravy; or boiled rice, impregnated with the gravy, is a very frugal mode..... It is almost impossible to make a pound of meat go further by any other mode of cookery.

Suet Cakes.

Take a pound of wheat flour; beef or mutton suet, from 4 to 8 ounces; water sufficient to make a dough.... of this form cakes to be rolled thin with a rolling pin..... Let them be put one by one in boiling water, over the fire, where they will be sufficiently boiled in a few minutes. The advantage of this mode, is the saving of eggs and milk, which must be used in the *round suet pudding*, to make it light; whereas the *cake* is made light without them.

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WITH ANNOTATIONS.

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*...lives on 4d. a day, and not troublesome to any
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